



ROLE OF STRESS IN WOMEN LIFE IN THE PRESENT ERA

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ARTICLE INFO

Article History:

Received 26th May, 2017

Received in revised form 5th

June, 2017 Accepted 6th July, 2017

Published online 28th August, 2017

Key words:

Stress, Working Women's
And Non-Working Women's

ABSTRACT

Stress is a part of modern life, with increasing complexity of life, stress is likely to increase. Stress is built in the concept of role, which is conceived as the position a person occupies in a system. Women's in modern global world have to play a dual role as housewife and career builder. The present investigation was conducted to examine the stress among the working and non-working women's. It was hypothesized that the working women's has more stress than the non- working women's. It was found that never married woman in the modern era have experience a variety of illnesses such as stress, love depression, anxiety, and office syndrome" illnesses cervical cancer, spondylitis, arthritis, and physiological and psychosomatic, hair fall symptom. Their social life resulted from the response to the context of modernity and was made through careful thought and deliberation .whichever choice of social life they make the consequence may lead them to a state of illness, distress, anxiety and paranoia .these choice involve work .living condition environment intimacy aspects of their modern social life

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INTRODUCTION

AS women to balance working outside the home with their domestic responsibilities the idea of engaging in multiple roles simultaneous or dent it all' has become a valued social norm. In Beth popular and academic discourses on the ' multiple role women stress is often considered an inevitable outcome. Stress has been described as a heightened state of emotional or physical arousal occurring when demand from the environment, such as engaging in multiple roles, place pressure on an individual's shown to be protective and advantageous to health, chronic or prolonged stress elicits adverse physiological responses such as increased blood pressure, compromised immune system, inflammation and diabetes all significant risk factors for coronary heart disease [CHD]. For example, Janssen *et al.* Highlighted the need to understand how the number of role and satisfying roles are protective psychosocial of arterial calcium build up black women. There is also evidence that indicates women who perform multiple concurrent roles often put the need of other (SPOUSE family members and employer) before their own this many contributed to women ignoring potential contributors to CHD such as increased stress or even result in delayed treatment. The corticosteroid cortisol is an important end product of one of the body s major stress response

system, the hypothalamic-pituitary-adrenal-axis(HPAA). cortisol measured in saliva, serum 'urine and hair can be used as a biomarker to asses endogenous cortisol secretion associated with clinical conditions such as severe stress] depression and other systemic diseases (ie causing 'serum and urine are the most commonly utilized biological matrices to measure cortisol level]

Stress has been on a rise in the era of high _technology speed global competition and consumerism. Stress in the 21st millennium is not something new not anything unknown. Stress has been experienced since time immemorial but its toll is higher than ever before. Over the past few decades stress is emerging as an increasing problem organization. Stress is vigorous state in which a person is confronted with an opportunity demand (or) resource related to what the individual wishes and for which the outcome is perceived to be both vague and vital. Salve ;1936 first introduced the idea of stress into life science, he defined stress as the force pressure(or) tension subjected upon an individual who resists these forces and attempt to uphold is true state Today work place stress is becoming a major issue and a matter of concern for the employees and the organization. It has become a part of life for the employees as life today has become so complex at home as well as outside. So it is impossible to avoid stress. Stress exists in every organization. It has become so complex at home as well as outside. So it is impossible have become so

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much complex due to which it exists workplace stress has effects over the employees job performance.

Research on the relationship between multiple roles and role/life satisfaction offer mixed re-suits. Some studied report greater overall satisfaction associated with multiple –role engagement while other report lower satisfaction . *tiedje et al.* Report that women who engaged in multiple roles did not allowed exhibit increase perception of enrichment or scarification. Reid and hardy found that although the number of role was associated with psychological distress among women, once role satisfaction was accounted for the number of roles had no effect .increased social capital in the form of supportive action of other era (such as advice and reassurance) has been described as effective in mitigation psychological stress. Similarly, there is a signification correlation between lack of social support and physiological stress as measured by serum cortisol.

Cause of job stress among women

1. Change in shift is uncomfortable for their life style , because their family life totally gets disturbed by it
2. Night duty creates stress among working wives because society views them from a different point of view.
3. Schedule-time commitment, family, career-role conflict, lack of interest in routine, value, orthodoxy, ageing and personal emotional difficulties are responsible for their burn out behavior.

Factors of job stress among women

1. Age – age refers to physical maturity which may be necessary for job satisfaction. Women worker have many other responsibilities in their life that their attention is diverted between the ages of 35 to 50 year.
2. Sex –according to this investigation, the percentage of women worker with job satisfaction is higher than that of men worker .the position may be created because of lower level of aspiration in women .moreover, women have limited needs. However we have to admit some exceptions to this conclusion that may be found because some women who perform multifarious duties in life may not attain job satisfaction.
3. Neurotic personality-neurotic personalities which may be developed due to less chances of getting jobs in society usually cause some sort of stress in females. They generally find some embarrass in their society due to unemployment which is a major stress inducing factor. They usually feel inferiority complex and easily get frustrated from other persons who have job. Education- in some investigation it has been found that highly educated women workers get disgusted with their job but the ordinary women workers remain satisfied with their work. The reason behind this is that the highly educated women workers have higher levels of aspiration and the think that, they deserve a job of a higher level. This causes job stress in them.
4. Family responsibility-women workers with heavy family responsibility are generally very much disturbed as they face difficulties in solving their numerous family problems. They may have daughters to get married or they may have old parents to look after or all these they may have some small children or an

handicapped family member, who totally on them .All these causes job stress.

5. Sexual harassment- most of the working woman faces these problems generally during night duty. It happens mostly in big factories or industries. If a woman protest herself against any harassment, she might lose her chances of promotion.in such a situation she finds no job satisfaction.

Since ages women have been delineated with a prejudiced mindset. Regarding their beauty they are described as enchanting, lovable ‘and even called motherly. Though women are considered the weaker sex, it is they who strengthen the moral and religious qualities of society

Owing to our culture being male –dominated, centaury after centaury women have tried to sustain their glorious womanhood and consider it as an essence of our tradition .its common understanding among the people the nature has made women weaker .there are difference in the behavioral pattern of a men and a women .if a husband beats his wife. The people neglect such matter. The female victim of rape. Suffers though out her whole life. From this, it can be interred about the status of a women in society. From the stereotype ideas of men and women, in society. We can see the reflection of women .*fraud (1935/59)* had libeled the women as a mysterious begin after a resource of 30 year. From this we can also say’ that Freud was also influence by the traditional views about women, 2400 year ago. Pythagoras said ‘ ‘ A truth creates a good system, light and male; while a false creates confusion, darkness of female.’ ‘ ‘ Women must learn to serve men which is what she is destined for ‘ ‘ –said Goethe. ‘As fruit on trees are property of the landlords so are the women. They are our property of the landlords so are the women .they are our property and not vice –versa. Men – women equality is a non –senses thought .women are only the instrument of reproduction, observed napoleons Bonaparte.

Level of Stress on Working And Non Working Women

For centuries, women’s have been expected to fulfill the ideal role of both perfect wife and mother, and this meant putting the family first before their own needs. If for whatever reason, a woman acted out of the norm chose to speak her mind, chose to work outside the home then her husband was criticized for not handling her properly. For example, if there is a newborn in the family, and the mother chooses to go back to work immediately after its birth, she is told by society that she's not doing her real job. Society doesn't criticize the father for leaving a newborn child to attend work; he is, in fact, applauded for considering the financial needs of his family an argument has been set forth that since women’s can breastfeed, they must for the health and proper development of the child stay home during the early stages of childhood. Thus, the woman is placed in the difficult position of having to balance the multiple roles expected of her with the roles she wants to carry out for herself. Women’s are also encouraged to take up the stereotypical jobs such as secretarial, clerical, nursing, childcare, social work, elementary teaching and so forth. Most women’s take on a typical 9-5 office workday so that they can be home to cook dinner, do the laundry and oversee the children's homework; they come home to a second shift. There has been an established ideology of what jobs are suitable for working mothers and what aren't. Being a secretary of a business is logically suitable. Being a business

woman, meanwhile, will take too much time away from her family, and thus was not a logical path for a mother. Women's should be nurses, and not doctors; they surely could not be on call 24x7. There are those who like their wives to have a mind of their own. With the help of the husband, women's can find freedom and happiness and a happy woman is a happy wife and mother! With the support of the husband, the wife feels as though she has backup and can venture into new fields. If the husband does not want to help, then she has to worry about who's going to cook, who's going to clean the house, who's going to take care of the children and so forth. Women's should not need permission from their husbands to work, but they surely need their support. A significant number of women's believe that women's must stay at home and place the family before themselves. If there are women's who want to stay home instead of achieving success at the workforce, then it is their choice. For example, society shouldn't say a housewife is more respected than a working woman. They shouldn't say it is more suitable for a mother to be a nurse rather than a doctor. They shouldn't say that men being the breadwinners should be a priority. All should be given the equal opportunity and the equal compensation.

Ways Stress Affects Women's Health

Although much has been made of the different ways that men and women respond to stress ("fight or flight" vs. "tend and befriend"), there are also substantial discrepancies in how stress impacts women's health as compared to men's. Studies have found that women differ from men not only in their emotional responses to stress, but also that acute and chronic stress may take a greater toll on women's physical and mental health.

When reacting to stressors, the body releases hormones such as cortisol, which is known to impact the immune system, digestive system, skin and more -- and cortisol responses to psychological stress have also been shown to differ between men and women. Stress can affect nearly every system in the body, and it may be undermining your health in more ways than you realize. Scroll through the list below for 10 physiological and cognitive effects of stress on women's health.

When reacting to stressors, the body releases hormones such as cortisol, which causes a temporary increase in energy production, sometimes at the cost of other bodily process not required for immediate survival, such as digestion and immune system function. In women, these hormone changes impact bodily processes in unique ways, which can lead to short- and long-term health problems.

Reduced Sex Drive

Major life events that cause stress, like starting a new job or moving to a new city, may lower libido, according to Dr. Irwin Goldstein, M.D. This can occur when elevated levels of cortisol suppress.

Irregular Periods

Acute and chronic stress can fundamentally alter the body's hormone balance, which can lead to missed, late or irregular periods. Researchers have also found that women in stressful jobs are at a 50 percent higher risk for short cycle length (less than 24 days) than women who do not work in high-stress positions.

Acne Breakouts

Raised levels of cortisol in the body can cause excess oil production that contributes to the development of acne breakouts. A 2003 study observed that female college students experienced more breakouts during exam periods due to increased stress.

Hair Loss

Significant emotional or psychological stress can cause a physiological imbalance which contributes. Stress can disrupt the life cycle of the hair, causing it to go into its falling. While you may not notice hair loss during or immediately following a period of stress, the changes can occur three to six months later.

Poor Digestion

Prolonged stress can greatly impact the digestive system by increasing stomach acid, causing indigestion and discomfort, and in some cases contributing to the development of IBS and ulcers. Reducing stress is key to maintaining a healthy digestive system, according to womenshealth.gov.

Depression

Women are twice as likely to experience depression as men, and recent research has looked to differing stress responses and stress reactivity between the sexes to explain this discrepancy. Elevated levels of cortisol resulting from the chronic stress of a long-term, low grade job stress or the acute stress of a difficult life event like death or divorce can act as a trigger.

Insomnia

Most of us know the feeling of tossing and turning at night, thinking over the events of the day or problems at work. Unsurprisingly, stress is a common cause of insomnia, which can in turn lead to difficulty concentrating, irritability and a lack of motivation.

Weight Gain

Research has linked higher levels of cortisol to a lower waist-to-hip ratio in women (i.e. more weight around the belly area), as well as a decreased metabolism. High stress levels are also correlated with increased appetite and sugar cravings, which can lead to weight gain.

Decreased Fertility

While further research is needed to better clarify the link between stress and fertility, recent studies have found that women with high levels of alpha-amylase, an enzyme linked to stress, had a more difficult time getting pregnant. Women with the highest concentration of the enzyme during their menstrual cycle were 12 percent less likely to conceive than women with the lowest concentration of alpha-amylase.

Increased Risk of Heart Disease and Stroke

According to a 2012 study of over 22,000 women, women under high amounts of stress at work were 40 percent more likely to experience a cardiovascular event (a heart attack or stroke) than women who reported low levels of job-related stress. Strokes are also more common among individuals with stressful lives and tightly-wound personalities.

Working Women in Relation to Their Professions And Personality

Gender differences in professional –field

In India as in America the distribution of profession is as per the gender differences. Equity remains on paper and in fact some profession are considered to be exclusively for women while some are meant for men. In India in 1971 women were working in nursing 'industrial sector 'clerical, law and journalism as western countries. But women were found ready to be working in engineering and Operational fields. But it is found that even the women are going to work in the same field as men but she is given lower salary than men.

Care of womanhood :- owing to changing times will gender be unimportant in the job –sector. But the reality is different almost all women feel that womanhood is a problem .question such as whether it's easy for a woman to make a career and how open are the career options for women.

Stand up before women. Women are categorized in one of the following three groups in adult life.

1. traditional women
2. super women
3. neo women

Traditional women

A dutiful housewife a woman working as a nurse /teacher come under this category. Owing to the ambition of career. Making women are not scared of womanhood .they feel the need of success for self –pride. That, is why they find their own success in the success for their husband and son. Such women avoid career making in engineering and they choose traditional job sector 'according to the survey of Trigg and perm traditional women's job – sector is decided as per their need of affiliation. They have the fear of lack of womanhood if their husband are less successful.

Superwomen

Such women suffer from tension and pressure in the job – sector they wish to perform good wives 'mothers and professionals. They pass the zeal to perform domestic work child – nourishing and work outside home all the same time. But owing to the factor 'their physical and psychology tensions tend to grow. These women are daughter of education and job –holding mother. They give an inferior status to the job –sector than their family. Their husband careers and success are moving than their own to these women.

Neo –women - The women who stand for success and who choose different job sector and the women who oppose traditional women's role will come under this category .according to Birnbaum and dogvane such women have played with groups of boys and they are ambitious at the adolescence stages. They are the daughter of tradition bound fathers. They decide not to marry for the sake of neo-women

Sex segregation of the labor force

Despite the dramatic increase in women 's labor force participation, employment in specific occupations and industries remains specific occupations and industries remains highly segregation by sex 41 .because men and women tend to work in different sectors of the economy the types of

stressors to which they are exposed differ considerably .for example the impact of financial strain on mental and physical health is well established and the gender gap in earning places women especially unmarried women at greater risk of experiencing this type of stress. On average they yearly earnings of women employed full time in the paid labor force are approximately 71 % of men's.

Women are also concentrated in service sector jobs that are characterized by low levels of autonomy and high levels of reutilization although there is a paucity of research on women per se general population studies indicated that these factors are positively associated with job strain and positively associated with job strain and psychological distress. Compared with men's women's work roles appear to provide fewer psychosocial rewards (eg personal fulfillment and recognition from others) and these gender differences appear to partly explain women's poorer self-assessed health status moreover the characteristics of the jobs that women tend to occupy have been shown to undermine personal control and lower personal control is in turn associated with greater vulnerability to stress. Twin addition women are concerned in job that involve the provision of mental twice the amount of housework as men what amount to about two thirds of all household chores. This discrepancy is amplified among those with children: women perform more than 75% of all child care tasks .the result is that many employed women face a second shift when they return home from the workplace employed married women spend an average of 64.7 hours per week engaged in paid work and housework.

Divorce and single parenthood

Pattern of married and parenthood have also undergone significant shifts in the past 30 years .between 1975 and 1990, the per-cent age of ever –married women who had divorced by midlife increased from 20% to 32% for white women and from 29% to 45% for black women .the rise in the divorce rate has been accompanied by an increase from 18.4% in 1980 to 33.2% in 2000.A consequence number of women are raised children on their own ,a situation that exposes them to a range of chronic stressors that can ultimately affect their health and well –being .

CONCLUSION

1. This study has found out that working women's and sexual harassment women have significantly higher level of stress than non-working women's
2. Married working women have significantly higher level of stress than married non-working women's.
3. there is no significant difference between unmarried working women and unmarried non-working women's
4. Sociological research clearly indicated that the roles and status that women occupy structure the number and types of stressors structure the number and type of stressors to which they are exposed. There is little doubt that the strain associated with balancing the demands of work and family and providing care to ageing parents as well as the challenges associated with aging ,divorce women and sexual harassment women life is more stress than common women and single parenthood have important implications for women health risks.

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How to cite this article:

Anjali Kumari *et al* (2017) 'Role of Stress in Women Life in the Present Era ', *International Journal of Current Advanced Research*, 06(08), pp. 5548-5552. DOI: <http://dx.doi.org/10.24327/ijcar.2017.5552.0748>
